

Management of Low Back Pain in Primary Care: A Retrospective Study of 72 Patients

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Introduction

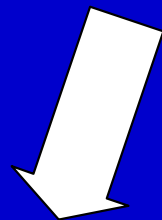
- Non-specific chronic low back pain
= >3 months /without red-flags
- Biopsychosocial
- 4,2% of the French GPs's activity
- Socio-economic health issue:
 - Direct costs
 - Sick-leave payments



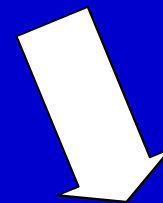
Introduction

Multidisciplinary clinic

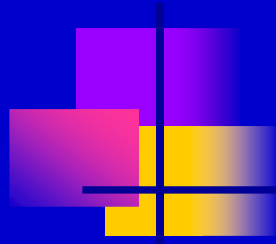
- PM&R
- Psychologist
- Industrial medicine



Rehabilitation centre
=functional restoration
program



Private physiotherapists
=Active individual
Physical therapy



Aim

?

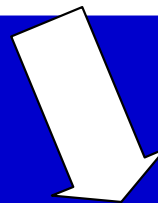
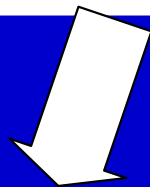


- **Appointments to the GP**
- **Specialists referrals**
- **Radiological investigations**
- **Treatments**



Multidisciplinary clinic

- **PM&R**
- **Psychologist**
- **Industrial medicine**



**Rehabilitation centre
= functional restoration
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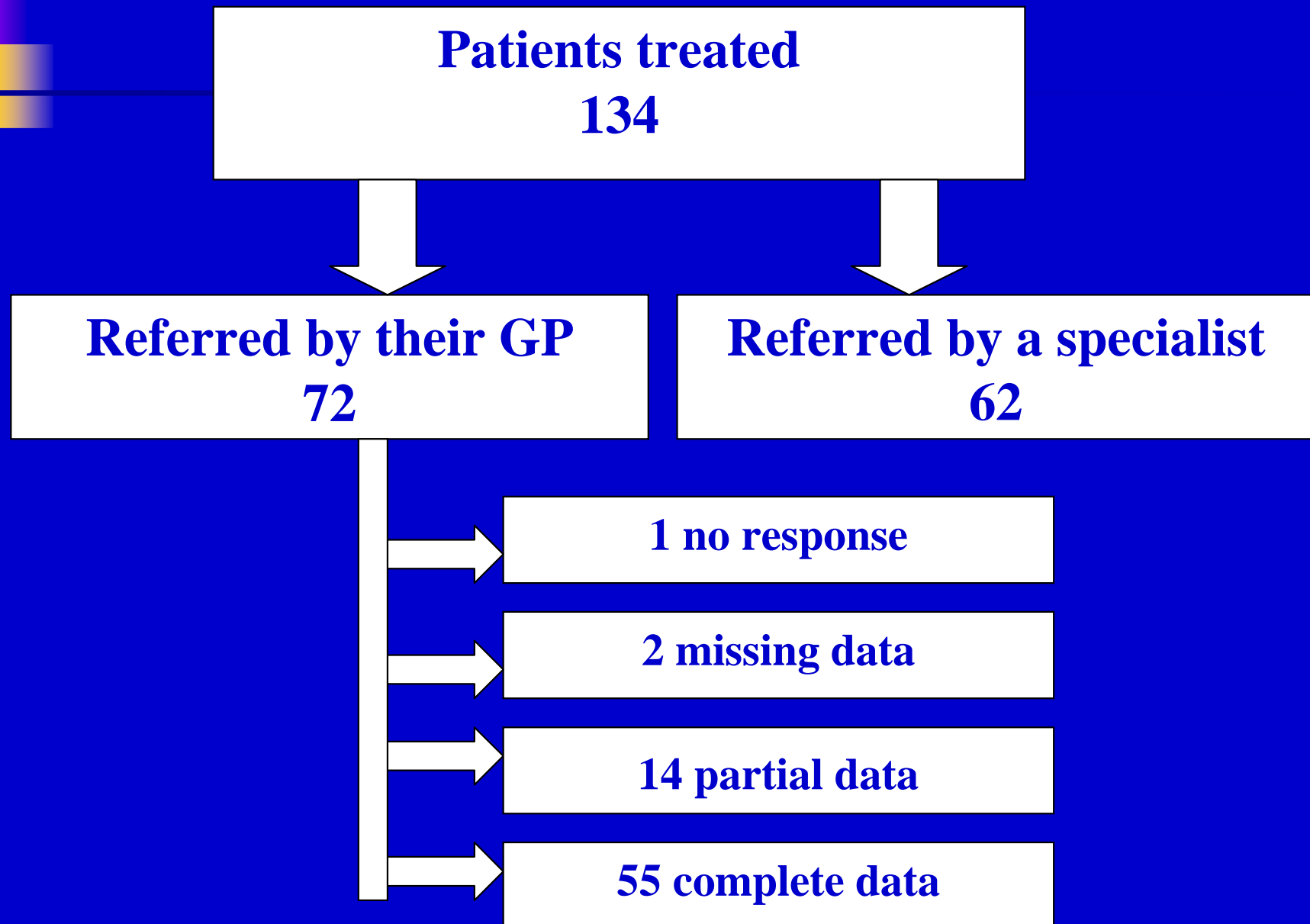
**Private physiotherapists
= Active individual therapy**



Methods

- Inclusion criteria
 - LBP (Low back pain) patients
 - Referred to the multidisciplinary clinic in 2006
 - By their GP

Chart-flow diagram





Methods

- Data collection
 - Patient records
 - Telephonic survey of the GPs
 - Duration of the low back pain
 - Number of appointments
 - Duration of sick-leaves
 - Referral to specialists
 - Radiological investigations
 - Treatments



Results : patients

- Age: 41 +/-8 years
- 56% of women
- 36% of past history of depression
- 50% in sick-leave



Results: duration

- Duration of the follow-up:
49 months (+/-51)
(Min =4 months, Max= 25 years)
- Appointments during this time: **17** (+/- 13)
 - 8 appointments to the GP per year per patient for LBP
- 86%: at least one sick-leave
- Cumulated duration of sick-leaves:
8,25 months in average (+/-9,25)
(Max= 43 months)



Results: specialists

	Number of patients	Percentage of patients
Rheumatologist	66	93%
Surgeon	43	60%
<i>Orthopedist</i>	28	39%
<i>Neurosurgeon</i>	20	28,5%
Hospitalization	13	19%



Results: investigations

	Number of patients	Percentage of patients
Radiography	68	98,5%
CT (at least 1)	55	80%
CT (2 or more)	12	17,5%
MRI (at least 1)	44	64%
MRI (2 or more)	4	6%
CT <u>and</u> MRI	35	51%



Results: medications

	Number of patients	Percentage of patients
Analgesics of 1 st or 2 nd level associated to NSAID +/- muscle relaxants	68	100%
Morphine	20	29%
Antidepressants	31	46%

N= 68



Results: other treatments

	Number of patients	Percentage of patients
Lumbar surgery	23	32%
Spinal glucocort. injections	35	52%
Lumbar corsets or belts	53	74%
Physiotherapy TOTAL	63	93%
<i>1 to 30 sessions</i>	21	31%
<i>30 to 100 sessions</i>	38	56%
<i>More than 100 sessions</i>	4	6%
« Alternative » medicines	31	43%
<i>Osteopathy, manipulations</i>	25	37%
<i>Others alternative medicines</i>	10	14%



Conclusion

- Prolonged management
- Long sick-leaves
- Lots of specialists referrals
- Lots of investigations
- Various treatments
- Opposite to recommendations
- High costs



Conclusion

- « Chronic red-flags »: predictive factors of chronic evolution and criteria of referral to the clinic
- Early assessment of the socioprofessional context and the psycho-behavioural factors

